

## Child Care Health Consultation Health Promotion Lesson Plan

**Contractor (LPHA) Name:** Polk County Health Center

**Date Submitted:** 11/16/18 (resubmission)

Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input type="checkbox"/> Protecting Children and Youth <input type="checkbox"/> Promoting Physical Health <input checked="" type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<div style="text-align: center;"> <input checked="" type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3    <input type="checkbox"/> 4    <input type="checkbox"/> 5                 </div> <p><b>Source:</b> Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011</p>

**Title:** What I Like About Me!

**Learning Objective(s):** Participants will

1. be able to tell each other at least one thing they like about themselves;
2. state liking themselves makes them feel good.

Topical Outline of Content (Not to exceed 30 minutes for Health Promotions)	Resources Used
<p><b><u>Introduction</u></b>                      Why is it important to like ourselves? (makes us feel good about ourselves, gives us self-confidence [makes us think we have the ability to do things], helps people like us)</p> <p><b><u>Read a Concept Book</u></b></p> <p><b><u>Group Participation</u></b>                      One by one have children state something they like about themselves.                      Remind them everyone is different and that everyone can like things about himself or herself that is different from what others think. It's okay to be different!</p> <p><b><u>Song/Rap</u></b>                      No one else is quite like me, <i>(point to self)</i>                      When I explain, I'm sure you'll see. <i>(point to eyes)</i>                      I love myself, I think I'm grand. <i>(throw up hands in the air)</i>                      When I do something good, I clap my hands. <i>(Clap)</i>                      If I need a hug, I wrap my arms around my waist, <i>(do it)</i>                      And in a mirror, I'm happy to see my face. <i>(smile using your hand to hold an imaginary mirror)</i>                      But that's not all, no one else is quite like YOU, <i>(point at them)</i>                      So that makes you very special too! <i>(hands over heart)</i>                      Repeat with children participating</p>	<p>Discussion/ 5 minutes</p> <p>Reading/7 minutes                      I Like Myself! By Karen Beaumont;                      or                      Hooray for You! A Celebration of "You-ness" by Marianne Richmond</p> <p>Discussion/Lecture 12 minutes</p> <p>Sing/rap song/ 5 minutes</p> <p><b><u>Handouts:</u></b>                      Coloring sheets- Happy to Bee Me                      Parents: Tips for Developing Healthy Self-Esteem in Your Child.</p>

**Method(s) of Outcome Evaluation:** Children will state what the like about themselves.

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.